| Total meal system - 5 day home delivered meals |  |  |  |  |  |  |  | Menu cycle 22024 |  | May-August <br> Penne Bolognese |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week 1 | Serving Size | Salisbury Steak | Serving Size | Tuna Salad | Serving <br> Size | Cheeseburger Mac Bowl | Serving <br> Size | Chicken Teriyaki | Serving <br> Size |  |
|  | 802 | Low Fat Milk | 802 | Low Fat Milk | 802 | Low Fat Milk | 802 | Low Fat Milk | 802 | Low Fat Chocolate Milk |
|  | 1 ea | Pineapple Cup | 1 ea | Raisins |  |  | 1 ea | Papaya \& Mango Cup | 1 ea | Orange Cup |
|  | 3/4 cup | Herbed Green Pea | 3/4 cup | Marinated Carrots \& Peppers | 3/4 cup | Yellow Squash | 3/4 cup | Steamed Carrots | 3/4 cup | Marinara with Mushrooms |
|  | 202 | Whole Grain Dinner Roll | 1 cup | Pasta Salad | 1 cup | Whole Grain Macaroni | 1 cup | Brown Rice | 1 cup | Whole Grain Penne |
|  |  |  |  |  |  |  |  |  |  |  |
|  | 2.102 | Salisbury Steak Patty | 302 | Tuna Salad | 202 | Ground Beef | 202 | Chicken Breast | 302 | Beef Bolognese |
|  | 102 | Gravy |  |  | 302 | Cheese Sauce | 102 | Teriyaki Sauce |  |  |
|  | 1 ea | Butter Cup |  |  |  |  |  |  |  |  |
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| Week 2 | Serving <br> Size | Spaghetti \& Meatballs | Serving Size | Open Faced Egg Salad Sandwich | Serving Size | Black Beans \& Yellow Rice | Serving Size | Turkey Chili | Serving Size | Mojo Citrus Chicken |
|  | 802 | Low Fat Milk | 802 | Low Fat Chocolate Milk | 802 | Low Fat Milk | 802 | Low Fat Milk | 802 | Low Fat Milk |
|  | 1 ea | Applesauce | 1 ea | Papaya \& Mango Cup | 1 ea | Raisins | 1 ea | Applesauce | 1 ea | Raisins |
|  | 3/4 cup | Steamed Carrots | 1/2 cup | Peach Cobbler | 3/4 cup | Peppers \& Onions | 3/4 cup | Cauliflower | 3/4 cup | Citrus Infused Green Pea |
|  | 1 cup | Whole Grain Spaghetti | 102 | Granola | 1 cup | Yellow Rice | 1 cup | Steamed Barley | 1 cup | Brown Rice Pilaf |
|  |  |  | 102 | Wheat Bread |  |  |  |  |  |  |
|  | 202 | Beef Meatballs | 302 | Egg Salad | 1/2 cup | Black Bean Stew | 302 | Turkey Chili | 302 | Mojo Infused Chicken |
|  | 302 | Marinara |  |  |  |  |  |  |  |  |
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| Week 3 | Serving Size | Red Beans \& Dirty Rice | Serving Size | Turkey \& Swiss Sandwich | Serving Size | Roast Pork \& Teriyaki Soba | Serving Size | Chicken \& Broccoli | Serving Size | Lentil Sloppy Joe |
|  | 802 | Low Fat Chocolate Milk | 802 | Low Fat Milk | 802 | Low Fat Milk | 802 | Low Fat Milk | 802 | Low Fat Milk |
|  | 1 ea | Orange Cup | 1 ea | Pineapple Cup | 1 ea | Papaya \& Mango Cup | 1 ea | Raisins | 1 ea | Applesauce |
|  | 3/4 cup | Steamed Spinach | 3/4 cup | Coleslaw | 3/4 cup | Snow Pea \& Bell Pepper | 3/4 cup | Broccoli | 3/4 cup | Mustard Chow Chow |
|  | 1 cup | Dirty Rice | 202 | Wheat Bread | 1 cup | Teriyaki Soba Noodles | 102 | Whole Grain Dinner Roll | 202 | Whole Grain Bun |
|  |  |  |  |  |  |  | 1/2 cup | Brown Rice Pilaf |  |  |
|  | 1/2 cup | Red Bean Stew | 202 | Sliced Turkey Breast | 202 | Roast Pork Loin | 202 | Chicken Breast | 3/4 cup | Lentils in Tomato sauce |
|  |  |  | 1 ea | Swiss |  |  |  |  |  |  |
|  |  |  | 1 ea | Mustard Packet |  |  |  |  |  |  |
|  |  |  | 1 ea | Mayonnaise Packet |  |  |  |  |  |  |
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| Week 4 | Serving Size | Chicken Pot Pie | Serving Size | Mexican Pasta Salad | Serving Size | Chicken Parmesan | Serving Size | Turkey Shepherd's Pie | Serving Size | Chicken Faita Bowl |
|  | 802 | Low Fat Milk | 802 | Low Fat Chocolate Milk | 802 | Low Fat Milk | 802 | Low Fat Chocolate Milk | 802 | Low Fat Milk |
|  | 1 ea | Pear Cup | 1 ea | Papaya \& Mango Cup | 1 ea | Orange Cup |  |  | 1 ea | Pineapple Cup |
|  | 3/4 cup | Green Bean Medley | 3/4 cup | Chopped Peppers \& Corn | 3/4 cup | Marinara | 3/4 cup | Mixed Vegetables with Corn | 3/4 cup | Pinto Bean Stew |
|  | 202 | Whole Grain Biscuit | 1 cup | Cilantro Whole Grain Pasta Salad | 1 cup | Whole Grain Spaghetti | 1 cup | Mashed Potatoes | 1 cup | White Rice with Peppers |
|  |  |  |  |  |  |  |  |  |  |  |
|  | 302 | Chicken Breast in Gravy | 1/2 cup | Marinated Black Beans | 302 | Chicken Patty | 302 | Turkey in gravy | 202 | Chicken Breast |
|  |  |  |  |  | 0.5 oz | Mozzarella |  |  |  |  |
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| Chef2Home Frozen 5-Day Menu - Q3Q4 2024 |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 | Service Dates |
|  | Chicken Parmesan <br> 3.15 oz. Breaded Chicken <br> 2.5 oz.Marinara Sauce <br> 0.5 oz. Mozzarella Cheese <br> 3/4 cup Broccoli <br> 1/2 cup Whole Grain Rotini <br> 1/2 cup Cinnamon Apple Crisp <br> (1 Fruit, 1 oz. Grain) <br> 8 oz. 1\% Milk | 4.23 oz. Apple Juice <br> Ham Steak with <br> Pineapple Glaze <br> 3 oz. Ham Steak <br> 1/4 cup Pineapple Topping <br> 1 cup Peas <br> 3/4 cup Brown Rice Pilaf <br> 1 slice Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | 4 oz. Tropical Fruit Punch <br> Turkey Noodle Stew <br> 3 oz. Diced Turkey <br> 2 oz. Whole Grain Noodles <br> 1 oz. Mixed Vegetables <br> 3 oz. Gravy <br> 1 cup Broccoli <br> 2 slices Whole Grain Bread <br> 2 Butter Spreads <br> 8 oz. 1\% Milk | 4 oz. Applesauce <br> Chicken with <br> Country Pepper Gravy <br> 3.15 oz. Breaded Chicken Patty <br> 1.5 oz. Gravy <br> 1/2 cup Carrots <br> 1/2 cup Mashed Potatoes <br> 2 slices Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | 4 oz. Applesauce <br> Penne Pasta \& Meatballs with Marinara Sauce <br> 3 oz. Meatballs <br> 3 oz. Marinara Sauce 1/2 cup Whole Grain Penne 1/2 cup Cauliflower 1/4 cup Brussels Sprouts 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1\% Milk | July 1st - July 7th July 29th - Augut 4th August 26th - September 1st September 23rd - Sept 29th October 21st - Oct 27th November 18th - Nov 24th December 16th - Dec 22nd |
|  | 4.23 oz. Apple Juice <br> BBQ Seasoned Pork <br> 3 oz. Pork Riblet <br> 1 oz. Barbecue Sauce <br> 1/2 cup Green Beans <br> 1/2 cup Sweet Potatoes <br> 2 slices Whole Grain Bread <br> 2 Butter Spreads <br> 8 oz. 1\% Milk | 4 oz. Grape Juice <br> Thai Ginger Curry Chicken <br> 3 oz. Diced Chicken <br> 2.5 oz. Curry Sauce <br> 1/4 cup Fajita Vegetables <br> 1/2 cup Broccoli <br> 3/4 cup Brown Rice Pilaf <br> 1 slice Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | Salisbury Steak <br> 3 oz. Beef Salisbury Steak Patty <br> 2 oz. Mushroom Gravy <br> 1/2 cup Classic Mashed Potatoes <br> 1/2 cup Carrots <br> 1/2 cup Warm Cinnamon Apples <br> 2 slices Whole Grain Bread <br> 2 Butter Spreads <br> 8 oz. 1\% Milk | 4 oz. Applesauce <br> Shrimp Scampi <br> 3 oz. Shrimp <br> 3 oz. Scampi Sauce <br> 1/2 cup Whole Grain Penne <br> 1 cup Succotash <br> (Corn, Lima Beans, Peas, and Peppers) <br> 1 slice Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | 4 oz. Peach Cup <br> Beef \& Bean Chili <br> 5 oz . Chili <br> 1 oz. Kidney Beans <br> 1 cup Rice \& Beans <br> 3/4 cup Broccoli <br> 2 slices Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | July 8th - July 14th <br> August 5th - August 11th <br> September 2nd - Sept 8th <br> September 30th - Oct 6th <br> October 28th - Nov 3rd <br> November 25th - Dec 1st <br> December 23rd - Dec 29th |
|  | 4 oz. Applesauce <br> Italian Meatloaf <br> 2.6 oz . Meatloaf <br> 2 oz. Tomato Sauce <br> 1/2 cup Carrots <br> 1/2 cup Mashed Potatoes <br> 2 slices Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | 4 oz . Grape Juice <br> Turkey Divan <br> 3 oz. Diced Turkey <br> 3/4 cup Broccoli <br> 2 oz. Cheese Sauce <br> 3/4 cup Brown Rice Pilaf <br> 1 slice Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | ```French Onion-Breaded Pork Chop 3.35 oz. Breaded Pork Chop 2 oz . Gravy 1/2 cup Mashed Potatoes 1/2 cup Peas 1/2 cup Cinnamon Apple Crisp (1 fruit, 1 oz. Grain) 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1\% Milk``` | 4 oz. Applesauce <br> Southwest Chicken <br> Cheddar Penne <br> 1/2 cup Whole Grain Penne <br> 2 oz. Diced Chicken <br> 2 tbsp. Black Beans \& Corn <br> 2 oz . Cheese Sauce <br> 1/2 cup Stewed Tomatoes <br> 1/2 cup Broccoli <br> 1 slice Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | 4 oz. Tropical Fruit Juice Italian Cheese Lasagna <br> 4.3 oz . Lasagna Roll <br> (2 oz. Protein, 1 oz. Grain) <br> 3 oz . Tomato Sauce <br> 1 cup Italian Vegetable Blend <br> (Italian Vegetables, Chickpeas, <br> 1 tsp. Kale Pesto) <br> 2 slices Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | July 15th - July 21st August 12th - August 18th September 9th - Sept 15th October 7th - October 13th November 4th - Nov 10th December 2nd - Dec 8th December 30th - Jan 5th |
|  | Sweet \& Sour Chicken <br> 3 oz. Chicken <br> 2 oz. Sweet and Sour Sauce <br> 1/2 cup Cut Broccoli <br> 1/2 cup Mixed Vegetables <br> 3/4 cup Brown Rice Pilaf <br> 1/2 cup Pineapple Chunks <br> 1 slice Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | 4.23 oz. Apple Juice <br> Beef Goulash <br> 3 oz . Beef <br> 1/2 cup Whole Grain Macaroni <br> 2 oz . Tomato Sauce <br> 1/2 cup Carrots <br> 1/2 cup Peas <br> 1 slice Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | Moroccan Chicken \& Lentils <br> 2 oz. Chicken <br> 3 oz. Moroccan Sauce <br> 1/4 cup Lentils <br> 1/4 cup Peppers <br> 1/4 cup Mixed Vegetables <br> 3/4 cup Brown Rice Pilaf <br> 1/2 cup Warm Apples w/ Raisins <br> 1 slice Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | 4.23 oz. Apple Juice <br> Cheese Pizza ( 4.55 oz ) <br> (2 oz. Protein, 2 oz.Grain) <br> 1 cup Italian Bean Medley <br> (Wax Beans, Chickpeas, <br> Tomatoes, 1 tsp. Kale Pesto) <br> 8 oz. 1\% Milk | Swiss Steak <br> 3 oz. Beef Patty <br> 2.5 oz. Swiss Steak Sauce <br> 1/2 cup Mashed Potatoes <br> 1/2 cup Normandy Blend <br> 1/2 cup Cinnamon Apples <br> 2 Slices Whole Grain Bread <br> 1 Butter Spread <br> 8 oz. 1\% Milk | July 22nd - July 28th <br> August 19th - August 25th <br> September 16th - Sept 22nd <br> October 14th - Oct 20th <br> November 11th - Nov 17th <br> December 9th - Dec 15th |
| This menu has been designed using the DOEA component meal pattern requirements. When prepared using approved products and recipes, this menu meets meal pattern requirements for one meal per day ( 2 oz edible portion protein, $3 / 4$ cup vegetable and $1 / 2$ cup fruit OR $11 / 2$ cups vegetables, 2 servings of grains, 1 cup milk; 25 mg Vitamin C per meal, 233 mcg Vitamin A averaged over one week; includes whole grain foods). |  |  |  |  | MENU PREPARED BY: DATE: MENU SERVICE DATES: DIETITIAN SIGNATURE: | $\begin{gathered} \text { Metz Culinary Management } \\ \text { 05/15/2024 (PM/KS) } \\ \text { July - Dec 2024 } \\ \text { Rerry. Dloan No } \end{gathered}$ |

